





Choose\_Respect

# FREE CONFERENCE: HEALTHY TEEN DATING

Sunday, April 7, 2019
Richard Montgomery High School
12:30pm - 1:30pm Red Carpet & Resource Fair
1:30pm - 4:30pm Conference

#### SSL Hours Free Food Raffle Prizes

- \* For students (grades 6 -12), parents and youth-serving providers
- \* Learn about healthy and unhealthy relationships.
- \* Get tips on how to help a friend.
- \* Get information about the resources in the community.

# PSA VIDEO CONTEST

Create a 60-second video about dating violence prevention and getting help.

Deadline: Friday, March 8, 2019

First Prize: \$1,000

**Second Prize: \$750** 

Third Prize: \$500

Winners will be announced at the Healthy Teen Dating Conference



**ENTER TODAY!** 



To Register for the Conference and enter the PSA Contest, go to: <a href="www.montgomerycountymd.gov/fjc/chooserespect">www.montgomerycountymd.gov/fjc/chooserespect</a>
Questions? Email Smita at smita.varia@montgomerycountymd.gov

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## Teen dating abuse is a pattern of physically, sexually, verbally, and/or emotionally abusive or controlling behavior in a dating relationship.

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- \* Their partner calls them names or puts them down in front of others.
- \* Their partner gets extremely jealous when they talk to other people.
- \* They apologize for their partner's behavior and make excuses for it.
- \* They frequently cancel plans at the last minute for reasons that sound untrue or they give up things they used to enjoy doing.
- \* Their partner is always checking up, calling or texting and demanding to know who they're with and where they've been.
- \* They're constantly worried about upsetting their partner or making them angry.
- \* Their weight, appearance or grades have changed dramatically.
- \* They have injuries they can't explain or the explanations they give don't make sense.

# Warning signs from someone who may be an abuser:

- \* They check their partner's cell phones, emails or social networks without permission.
- \* They are extremely jealous or insecure, and have mood swings.
- \* They constantly put their partner down.
- \* They have an explosive temper and constantly make false accusations.
- \* They isolate partner from family and friends.
- \* They are physically violent.
- \* They are possessive.
- \* They pressure partner to have sex.

### **How Can I help my friend?**<sup>⋄⋄</sup>

- 1) Start the Conversation "It's not your fault." "You don't deserve this."
- 2) Be Supportive "I am glad you told me." "What do you need?"
- 3) Keep Your Communication Door Open "I am here for you."
- 4) Get Support.

### **Resources in the Community**

## Montgomery County Family Justice Center 240-773-0444

600 Jefferson Plaza Suite 500 Rockville, MD 20852 Open Weekdays from 8:30 a.m.-5:00 p.m.

\* Parental accompaniment needed if under age 18.

## JCADA, Jewish Coalition Against Domestic Abuse: 1-877-88-JCADA (52232)

Open Weekdays from 9:00 a.m.- 5:00 p.m.

Rockville, MD

\* Serve any residents of Greater Washington ages 14 and up.

#### **Montgomery County Crisis Center**

240-777-4000

1301 Piccard Drive, 1st Floor Rockville, Maryland 20850

Open 24 hours a day 7 days a week.

\* Parental accompaniment needed if under age 16.

#### **National Dating Violence Hotline**

1-866-331-9474

Text: loveis to 22522

Chat online at loveisrespect.org

<sup>◊</sup> loveisrespect.org

<sup>⋄⋄</sup> breakthecycle.org